

# WSKF NEWSLETTER

WSKF NEWSLETTER  
May 2012



# Internationals 2012! A Must-See Event!



*When the fire just starts, the color is red. When it gets hotter, the color changes into blue. When it reaches to the highest temperature, it has no color.” – Author unknown*

**July 19<sup>th</sup> – 22, 2012**

The WSKF Internationals have continued to deliver a depth and breadth of content and teaching, and this year’s event is sure to be the best yet! Hanshi Frank Grant, our 10<sup>th</sup> Dan Master of the style, leads our senior instructors with over 250 years in combined experience in training and teaching Matsubayashi-Ryu Karate-Do to deliver an amazing experience. Beginning with Instructor Certification Classes on the 19<sup>th</sup>, an action packed agenda follows with Promotions on two different nights, the much-“liked” multi-track class options for kata, kobudo, and various techniques are sure to fill your cup with knowledge. The truly tough part is deciding which of the classes to attend! We will also have a special interview with Hanshi, and of course the wonderful awards banquet and annual meeting for the WSKF, which will be in a nearby air-conditioned location for a break from the heat and hard work. You need only read the prior newsletters to get the first-hand accounts of how much information is available!

### IN MEMORIUM:

Soke Takayoshi Nagamine, the son of Osensei Shoshin Nagamine, and most recently the head of the WMKA (World Matsubayshi Karatedo Association), passed away on April 27,2012 at the age of 66.

The World Shorin-Ryu Karate-Do Federation mourns the passing of Soke Takayoshi Nagamine. "Soke Takayoshi was a friend and his death leaves me with an enormous void in my heart. He was a wonderful human being and our losing him is a great loss for everyone. Our deepest condolences to his family, friends and students."

- Hanshi Frank Grant, 10-Dan, Chairman WSKF



The above is a photo of Soke Nagamine with several WSKF members. The rest of this page is left blank – signaling an opportunity to take a moment to pause and meditate on Soke Nagamine’s lifetime with Matsubayashi-Ryu.

## **The BBC? We're not watching TV in the UK again are we?**

Of course not! The BBC, the Black Belt Circle, is one of the important sub-groups within the WSKF. Our Black Belts are key resources to driving activity within the organization, and represent who we are! The organization relies on each person to make a contribution for the benefit and growth of all. Once you reach Black Belt, a certificate for the Black Belt Circle is awarded, along with a special T-Shirt commemorating your journey to that point. But as you know, the Journey doesn't stop there, it's only the beginning.

Another important resource are the monthly Black Belt Classes, held the third Friday of each month. In these classes the essence of what we do is studied, down to the finest detail. It's the attention to detail, focus on technique, and execution and spirit that drive our unique abilities and exceptional results. It takes an extra effort to achieve success, we know this in all things we do. It is important for our black belts (and future black belts) to support these classes! Try to be there in person, or if you cannot, train on your own. But in any event be sure to set aside some extra time to focus on needed training and approach training with an open mind and willingness to work. And don't forget to ask questions of your teachers when they offer it up! It's a great opportunity for you both to continue to push and learn more.

# **Dojo News!! Dojo News!!**

This issue of the Newsletter has promotions for each dojo embedded in the DOJO NEWS articles

**Okinawan Shorin-Ryu Karate Dojo Troy, OH - January 2012 In-House Competition**

The Troy Dojo students had a fun, friendly and learning experience competing during the in-house competition held at the Troy, Dojo. Some of the things students learn are proper bowing for respect to



judges and competitors, how to enter and exit sparring rings, how to properly present themselves to the judges during kata competition (bow, hello judges, state their name, dojo, style, kata, ask for permission to begin and bow) and they learn about good sportsmanship.



Andrew J. receiving his 1<sup>st</sup> place trophies



Jena J. and Nishal H. sparring match

**Okinawan Shorin-Ryu Karate Dojo Troy, OH - February Promotions**

Noah H – Yellow 1  
Emme S – Yellow 1  
Cody L – Yellow 1  
Peyton R – Yellow 2  
Evan M – Yellow 2  
Benjamin E – Yellow 2  
Nathin W – Yellow 2  
Andrew J – Yellow 2  
Sam I- Yellow 3  
Mason R – Orange 1

Jesse H – Orange 1  
Drake B – Orange 2  
Hannah S – Orange 2  
Andrew W – Orange 2  
Mark S – Orange 2  
Cade J – Orange 3  
Aidan S – Orange 3  
Holly B – Orange 3  
Griffin J – Orange 3  
Ashley G – Orange 3

Ryan L – Blue 1  
Collin W – Blue 1  
Jenisa M – Blue 1  
Justin M – Blue 1  
Nicholas H – Purple 1  
Arianna H – Purple 2  
Kaci H – Purple 2  
Lane S – Purple 2  
Bailey T – Purple 3  
Jared P – San Kyu





Okinawan Shorin-Ryu Karate Dojo Troy OH - Canada Training Seminar - March 9-11, 2012

Picture: Hanshi Frank Grant, Kyoshi Jeff Leistner and Sensei Jeff Bentle Demonstrating Yakusoku Kumite

**Okinawan Shorin-Ryu Karate Dojo – Troy, OH Students receiving awards**

Collin W. and Holly B. both placed in the Miami Valley Tournament Association for the year end awards banquet. They both attended tournaments throughout the year and accumulated enough points at the end of the year to win their overall division. Holly competed in the Beginner girls division age 7-8 placing 1<sup>st</sup> kata, 1<sup>st</sup> Sparring and 2<sup>nd</sup> in Weapons. Collin competed in the Intermediate boys division age 10-12 placing 1<sup>st</sup> place in Sparring.



Holly B. with award



Collin W. with award

Okinawan Shorin-Ryu Karate Dojo – Troy, OH



Holly B. knocking out and meeting Chris Cones martial artist who starred in the movie “Bound By Blood”

**Okinawan Shorin-Ryu Karate Dojo – Troy, OH Christmas Party**

Students, parents and friends enjoyed the Christmas Party held at the 36 Skate Club with lots of great food and camaraderie. They had an excellent time trying to keep their balance and some students even getting to practice their proper falls. We got everyone on the floor shaking it to the hokey-pokey. Thanks for everyone attending and making this a memorable time.



Students, parents and friends shaking to the hokey-pokey.



**Pike's School of Martial Art, Saginaw, MI**

*Promotions in Saginaw*

In February, at Renshi Pike's Dojo, Five students were promoted. In the pre-junior ranks, sisters, Isabella and Angelica, ages 6 and 4 were promoted to White/Yellow belts. Amber Sperling (Ricky Middlebrook's girlfriend) earned 8<sup>th</sup> kyu. Mason Thiel rose to Go-kyu as did classmate Matt Menchaca. The three adult students plan to attend and apply for promotion at the Internationals event this July in Ohio.

All were asked to break wood in multiple ways for their promotions by Renshi Pike, including using a square punch while lying on their back. It was a great day for the students, their Senpai, and their Sensei in the Saginaw Dojo.

**Gōhō Seishin Dojo, Lake Villa IL**

*Early 2012 update!*

Wow – a lot going on for us, in what seems like so little time. We continue to add students here and there, (look at all these juniors!) And rumor is some more adults are about to join! 😊



We are looking forward to the return of the “college students” to classes for the summer. Sensei Blakesly has been assisting with all the juniors, and has helped them along their training paths. It is nice to see the juniors conduct their own practices prior to class.



We've enjoyed a number of great classes, and extraordinarily mild winter for the Windy city, and survived a few fun events. What might have been the most fun was the "Workout-Cookout" where all the students came to the dojo for several hours of training, broken up by plenty of great food for lunch, as well as some much welcomed beverages after the sessions were over. April had us holding promotions (see below), and early in May we held some in-house sparring for the juniors – the kids geared up with gloves and full face masks to work on their techniques. All stood their ground and focused on being their best while in the line of fire!

After that it was travel-ific for a



while with Sensei & Mrs. Sheets completing a half marathon in May at just over two hours, and then Sensei was off to a conference, and then across the pond in the UK. Sensei can tell on his return if you've been practicing or not...so train on!



I'd like to take a quick moment to thank all the parents of the dojo Juniors for their continued support, excitement and engagement with their children's involvement. It's a wonderful thing to see, and the children grow in all sorts of ways with so much support.

### **Gōhō Seishin Dojo, Lake Villa IL - Promotions**

In April we held promotions for a number of the students, we are pleased to report and celebrate the following:

Abby K – PreJ Yellow  
Camden B – PreJ Gold  
Henry A – Orange 1  
Brenda Maldonado - Roku-Kyu

Bennie K – PreJ Yellow  
Spencer B – Yellow 2  
Gavin S – Orange 2

Quinna S – PreJ Gold  
Citizen Schmidt – Yellow 3  
Benjamin M – Orange 2

Congratulations to all!

**Wilson's Karate Dojo – Troy Michigan**

Greetings to all from Wilson's Karate Dojo!

The world has been moving quickly as we find our time to train. We had a promotion on March 22, 2012. Jacob was promoted to Yellow Three and our new student, Lauren, was promoted to Yellow One. Both juniors did very well.

On a more personal note, Gwen is close to finishing her accelerated nursing degree. Sensei Wilson's twin boys have now graduated high school and are already involved in their upcoming college activities. This is all wonderful and soon we can all concentrate more fully on our Matsubayashi education!

Life is good in Michigan.  
Hope the same for all of our extended family.

Sensei Wilson





## **PAC Dojo – Dayton, Ohio**

For the second year in a row, PAC has celebrated the Holiday Season by gathering at the Washington Township Rec Center. Swimming, Basketball, Volleyball and Eating were the events of the night. The party began at 7:00 pm and lasted until midnight. Students and their families challenged each other on the courts to see who could hit the 3 pointers on the basketball court and who could serve an ace on the volleyball court. There was also a race to see how many times the swimmers could climb the stairs to come down the water slide.



**PAC Dojo – Dayton, Ohio**



Sensei Olin and Lisa had a wonderful start to the New

Year by working out with Kyoshi Harris. This New Year's Day workout has been ongoing since 1999. What a treat to be in the dojo working on kata and weapons with Kyoshi Harris, especially on New Year's Day.



PAC students earned awards at the Miami Valley Tournament Association (MVTA) Banquet in February, 2012. Points are accumulated throughout the year and the competitors who rank 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> in their divisions are recognized at the Banquet. 1<sup>st</sup> Place winners -- Sensei Olin, Lisa, Jake, Bob, Jenny; 2<sup>nd</sup> place winners - - Kyle, Marc, Katie, Stephen, Bethany; 3<sup>rd</sup> place winners - - Hannah, Bradley.



**PAC Dojo – Dayton, Ohio**

Pre-Juniors enjoyed a class with a Ninja at the 1<sup>st</sup> quarter PAC Birthday Party. Students competed against each other tossing bean bags at the Ninja and throwing balls in a bucket. After the competition was over, students enjoyed cookies with karate belt designs.





**PAC Dojo – Dayton, Ohio**

PAC students and parents volunteered their time to clean up the community for the Great American Clean-Up campaign. A total of 22 bags of trash, along with tires, bikes, speakers and miscellaneous items were gathered from 2 locations. When an area beside the Post Office was being cleaned, workers inside the building came out and thanked the group for our efforts and rewarded the students with bags of candy.



## PAC Promotions



### December, 2011

|         |           |
|---------|-----------|
| Zoe     | PJ Yellow |
| Shyanne | PJ Green  |
| Jaden   | Orange 1  |
| Stephen | Orange 2  |

### February & April, 2012

|           |           |
|-----------|-----------|
| Sara      | PJ Yellow |
| Lucie     | PJ Yellow |
| Dominic   | PJ Yellow |
| Daphne    | PJ Orange |
| Brooke    | PJ Green  |
| Shyanne   | PJ Blue   |
| Connor    | PJ Purple |
| Corissa   | PJ Red    |
| Dustin    | Yellow 1  |
| Christian | Blue 3    |

### **The Physical Arts Center , Vineyard Haven, MA**

Sensei Cronig would like to let everyone know that the students and Sensei have been training, and training hard. The summertime is the busy season on the Vineyard, so making the trip to Ohio can be tough. However, he's pleased to report that he and Robert Eldridge are working toward joining us at internationals 2012. We hope to see you there!

### **Tonbo Dojo ,Harrison, OH**

Sensei Bentle is pleased to announce the official grand opening of the dojo in Harrison on June 9, 2012!

I don't have a lot of other news to offer but I will say, however, that it takes time to make a training hall into a dojo. This is a new experience for me. While I've trained in some of the most beautiful dojos over the years, arranging and building a place for yourself and students takes more than just showing up for class. On one hand I don't want to take valuable time away from training, but on the other a dojo is more than a room or a building; more than just a place you go to train on your own. It's a something we must make -- for lack of a better term -- sacred. Or maybe I should say, dedicated to an ideal.

So, a couple weekends ago (after class) I put up my certificates and Joyce's, our WSKF Charter, teaching certifications and a picture of master Nagamine training on the beach. I don't have pictures of Renshi Pike, Sensei Johnston or Hanshi up yet, but I hope to before the 9th. But it still wasn't enough. So I unbolted the makiwara from my basement. The same makiwara Sensei Johnston gave to me (could it be?) fifteen years ago and it began to feel better. I'm still not there, but the makiwara helped a great deal. I guess, like training, it takes time and patience.

Anyway, I would be interested in what others think a dojo is. Not what you read in a book or on the wall, but what you really think, or should I say feel. Maybe it's a lot like breaking in a new gi. You take it out of the box, sew the patches on, wash it, train in it, wash it some more, train some more, re-sew the patches, et cetera. And before long, you no longer have a new gi. Just a gi. More than a garment and yet somewhat less. As it ages and wears and the newness goes away, it starts to lose any meaning beyond itself, unless you are training in it. And as you continue training, round and around your dojo, perhaps the dojo also becomes more than a room, and somewhat less. When all is said and done, it's not the room or the building, but the space and the people that inhabit it that is important.



# Articles from Students & Sensei!

Brett Galey, Okinawan Shorin-Ryu Karate Dojo Troy, OH

## Karate, A Way of Life

Karate is a way of life. In karate you show respect to everyone just as most people would in their daily lives. I have been doing karate for around 8 ½ years. You learn a lot of life lessons through karate. From karate you can learn respect, responsibility, perseverance, and self-discipline.

Karate has taught me respect and responsibility. Being in karate so long you have certain responsibilities. Sometimes, you have to teach a class when you just really don't want to. You also have a responsibility to help the younger kids and the beginners. Karate also teaches you to have respect towards everyone, even when people are just so annoying.

You need perseverance to be able to stay with karate and tough it out. I find that people either quit after a week or so or they stay with it for years. Some benefits you can get from karate are higher belt ranks. You also earn a lot more respect. One of the best things about karate are you make lifelong friends.

You need self-discipline to go to class and do the best that you can. You use self-discipline to control your emotions and learn to control yourself. Sometimes you have to teach a class or just work with individuals and make sure to set a good example. Another thing that takes self-discipline is when you're testing for a new belt because a lot of people get very nervous going up in front of everyone and performing.

These are some of the benefits from being in karate. You gain respect, and responsibility. You have perseverance to stick with it and tough it out. You learn self-discipline to go to class and be the best that you can be. Karate is a one of my favorite things to do and I love it.



Rene Seguin From the Dojo Shorin-Ryu J.-L. M. Quebec, Canada

### **THE END OF A JOURNEY OR THE BEGINNING OF A BRAND NEW ONE?!**

I had begun my journey in the Karate-Do, back in 1976. At that time, my father had registered me to a Kyokushin-Kai dojo. My Sensei was the French man who has brought the style in Montreal in the sixties. However, as it was far from home (30-45 minutes by bus, in a big city), for a young boy of 11 years old, I have stopped attending to the classes before I had even gotten my yellow belt.

Almost 30 years later, when my daughter has started to bug me with Karate, we have verified the kind of schools that were around. As we were still living in our former house, the only style available around was Sunfuki, but my wife had not been that impressed with the Sensei. In fact, she had taken classes of Tae-Bo, with one of the Sensei's colleagues, and has not been convinced through her first impression, when she had taken a look to the Karate class beside. Do not get me wrong here, I mean that he was fit, has a good style but his personality...

We have decided to wait until after our moving. Once arrived on the North Shore of Montreal, we have begun to watch the offer of Karate dojos, in our new sector. We have found the Dojo of Sensei Jean-Luc in January 2007 but have decided to wait until September, before registering Renee-Claude. We wanted her to get used to her new elementary school, prior adding anything else in the equation.

When we attended to the information's session, related to all the activities offered in the town and by the town, we met Sensei Jean-Luc and Sensei Nathalie, who were at the table, explaining the style and the classes. This is where I have decided to jump in and register myself as well, instead of being a sitting dad, with his cup of coffee.

Almost five years have passed since then. Two of my sons have tried the Karate as well and left. In our second year, we have had the honour and pleasure to meet Hanshi Grant and the people of the WSKF. Sensei has decided to switch style from Shorin-Ryu Kobayashi-Ryu to Matsubayashi-Ryu. It has taken almost a year to do so, and being able to only start moving as the rest of the WSKF dojos.

And here we will be, in July, testing for our Sho-Dan, my daughter and I. We have been told, at the early beginning, that we would start to have a good idea of the Karate after three years, and that we would really start to practice it after five. Now, knowing that we have changed style three years ago, in the middle of the journey, I do not know if we will be at the appropriate level but one thing is sure though, we will do our best!

My father, who has passed away last summer, during the Internationals' week, while we were in Ohio, will surely smile and be somehow satisfied, wherever he is now, knowing that after a hiatus of 30 years, his son, that he had registered in 1976 to a Karate school, will finally test for his black belt with his daughter. Better late than never, Dad!!!

As far as I am concerned, I am convinced that it will be the beginning of a brand new journey. What do you think???

**Karate not to be underestimated in its effect!!!**

I am employed as a martial arts instructor for an inner-city charter school in Columbus, Ohio. The premise of these particular charter schools is that fitness is an important element in the learning of a child and that physical activity helps students excel in their academics. In our charter schools, students rotate every week between tennis, soccer, and martial arts. Every day, I teach karate to kids in grades kindergarten through sixth. This makes for some interesting classes!

Four times during the school year, we hold karate tournaments among the six Central Ohio charter schools. In March, our school, Columbus Performance Academy, hosted a tournament for 3rd through 5th graders. I took twelve students who were in either the novice or beginner division. Normally I would pick my top karate students for the honor of representing our school in the martial arts tournament, but this time I picked some underdogs in order for them to have the tournament experience. Most instructors bring their best students to the tournaments in order to get the most medals. I worried that Columbus Performance Academy might not get many medals.

I had one week until the tournament and I had students who still didn't know the entire first kata. The students also didn't have much sparring experience. They did work on the Wave Master floor bag and did work with partners on strikes and blocks. I still wasn't sure how we would do at the tournament. I gave the students a step-by-step handout of F1 that I wrote and a mapped out version of F1 for them to use in practicing the kata. I encouraged them to practice the kata whenever they got a chance. I was also able to take my group of tournament students and practice sparring with them one time before the tournament.

The day of the tournament was full of surprises. All but one of my twelve students earned a 1st, 2nd, or 3rd place medal and many of them earned two medals, one in kata and sparring! I even had two of my girls fight for 1st and 2nd place in the novice division of sparring. I was so proud of these students. It made me rethink whom I am taking to this next tournament for kindergarten through 2nd grade. I can tell you it won't be all of my top students.

Since the tournament, the students who were chosen to represent our school have taken on a different persona; they have pride in themselves and a sense of accomplishment. Someone believed in them and encouraged them to put themselves out there and perform to the best of their ability. Sometimes they just don't get this at home. These particular students now believe in their karate ability and they are becoming leaders in the karate class instead of fading into the background as they once did.

# Dojos of the World Shorin-Ryu Karate-Do Federation!

There are many dojo that are members of the WSKF, more being added all the time. If you do not find a dojo listed for your area, it does not mean that it doesn't exist. There are other organizations and many independent clubs that teach Shorin-ryu. If you are a dojo looking for an organization that really cares about the quality of instruction given, contact us at [oskd@msn.com](mailto:oskd@msn.com) !

## Florida

- ◉ **Sensei Steve Kabboord**  
**Kabboord's Martial Arts School**  
1897 South Patrick Drive  
Indian Harbour Beach, Fla. 32937  
(321) 773-6700

76 Main Street  
Vineyard Haven, MA 02568  
(508) 693-0394  
[peter.cronig@verizon.net](mailto:peter.cronig@verizon.net)

- ◉ **Sensei James Glavin**  
**Peacegate Dojo**  
Tisbury, MA 02568  
(508) 693-5014  
[deca.inc@usa.net](mailto:deca.inc@usa.net)

## Illinois

- ◉ **Sensei Chad Sheets**  
**Gōhō Seishin Dojo**  
Lake Villa, IL  
(224) 406-5793  
[sheets727@comcast.net](mailto:sheets727@comcast.net)

- ◉ **Sensei Josh McDonough**  
**East Point Dojo**  
Green Harbor, MA 02041  
[joshua.grnhbr13@verizon.net](mailto:joshua.grnhbr13@verizon.net)

- ◉ **Sensei Brian Vanderhoop**  
**Aquinnah Shorin-ryu Dojo**  
Aquinnah, MA

## Indiana

- ◉ **Sensei Jeff Bentle**  
**Tonbo Dojo**  
1152 Stone Drive,  
West Harrison, IN  
[jvbentle@fuse.net](mailto:jvbentle@fuse.net)

## Michigan

- ◉ **Sensei Dale Pike**  
**Jiyu Seishin Dojo**  
Saginaw, MI  
[piked@bvsd.us](mailto:piked@bvsd.us)

## Massachusetts

- ◉ **Sensei Tod Bassett**  
**Shorin-ryu Karate Club**  
PO Box 342  
Chilmark, MA 02535

- ◉ **Sensei Lennie Wilson**  
**Okinawan Shorin-ryu Karate-do Dojo**  
Troy, MI  
[ljcmwilson@comcast.net](mailto:ljcmwilson@comcast.net)

- ◉ **Sensei Peter Cronig**  
**The Physical Arts Center**

## Ohio

- **Hanshi Frank Grant**  
**Headquarters WSKF**  
 1700 Echo Lake Drive  
 Piqua, OH 45356  
 (937) 606-0944
- **Sensei Greg Johnston**  
**Greg Johnston's Karate-do & Kobudo**  
 Tipp City, Ohio
- **Kyoshi Jim Driggs**  
**Appalachian Karate Dojo**  
 Stewart, OH  
[jldriggs@msn.com](mailto:jldriggs@msn.com)
- **Kyoshi Tommie Harris**  
**Okinawan Shorin-ryu**  
 Dayton, OH  
[equiball1@ameritech.net](mailto:equiball1@ameritech.net)
- **Sensei Jeff Leistner**  
**Okinawan Shorin-ryu Karate Club**  
 Troy, OH  
[oskd@msn.com](mailto:oskd@msn.com)
- **Kyoshi Harley McCabe**  
**Midwest Shorin-ryu Karate Dojo**  
 Springfield, OH  
[kiai@siscom.net](mailto:kiai@siscom.net)
- **Kyoshi Jack McPeek**  
**Martial Arts & Family Fitness**  
**McPeek's Matsubayashi-ryu Karate Dojo**  
 Hilliard, OH  
[jmcpeek@microcenter.com](mailto:jmcpeek@microcenter.com)
- **Sensei Glenda Olin**

**Okinawan Shorin-ryu Karate Dojo**  
 Dayton, OH  
[senseiglo@aol.com](mailto:senseiglo@aol.com)

- **Sensei Mark Preston**  
**Okinawan Shorin-ryu Karate Dojo**  
 Greenville, OH

## Canada

- **Sensei Jean Luc Martin**  
**Centre de karate Shorin-Ryu J-L M**  
 Ecole Le Rucher Bois-Des-Filion  
 Tel.: 450-439-5044 (home)  
 Cell: 514-265-1667  
[martin.jean-luc@videotron.ca](mailto:martin.jean-luc@videotron.ca)

## India

- **Sensei T. Mohan Raja**  
**All Indian Shorin-ryu Matsubayashi Karate-Do Federation**  
 Rajkishore Nagar  
 Bilaspur - 495006  
 Chattisgarh, India  
[dr.tmohanraja@rediffmail.com](mailto:dr.tmohanraja@rediffmail.com)